PEOPLE ARE STRANGE
THE ODD WORLD OF SPORTS {page 29}

SECOND LISTEN
ALBUMS THAT GOT LOST IN THE SHUFFLE
{page 14}

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News worth sharing.

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JENNIFER GAUTHER/FOR METRO

Golden goal!

Sidney Crosby's gold medal-winning goal is Metro Vancouver's newsmaker of the year Capped Olympics, the biggest event in the city's history {page 3}

▶ Sidney Crosby and Scott Niedermayer celebrate Crosby's overtime goal during the men's hockey final at Canada Hockey Place.

Life

Start the new year off right

- Embrace a healthy lifestyle
- Resolve to beef up your everyday diet with superfoods
- The best ways to keep warm through winter {page 24}

The year Earth struck back

Earthquakes, heat waves, floods, volcanoes, typhoons, blizzards, landslides and droughts killed 250,000 {page 10}

Pickton fallout continues

Case of area serial killer leaves a lasting impression {page 12}

Looking back at Canada in 2010

The Canadian Press rounds up its top stories of the year {page 4}

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New York	from $469 + taxes & fees $125
Frankfurt	from $499 + taxes & fees $386
Amsterdam	from $599 + taxes & fees $371
Costa Rica	from $599 + taxes & fees $239
Hong Kong	from $669 + taxes & fees $165
Sydney	from $819 + taxes & fees $436
Brisbane	from $859 + taxes & fees $453
Delhi	from $999 + taxes & fees $560

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Victoria 2 Nights 4-Star
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Whistler 2 Nights — from $259 taxes & fees included

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Mayan Riviera 7 Nights 4-Star	from $695 + taxes & fees $290
Los Cabos 7 Nights 4-Star	from $728 + taxes & fees $274
Varadero 7 Nights 4-Star	from $749 + taxes & fees $149
Jamaica 7 Nights 4-Star	from $927 + taxes & fees $270

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East Africa 11-Day Tour — sale $1427 +local payment $640 USD

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Eastern Caribbean
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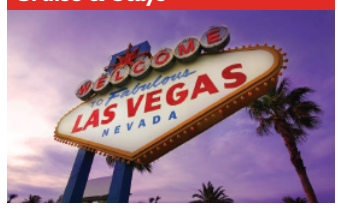
CRUISE roundtrip Fort Lauderdale and visit San Juan, St Kitts & St Maarten.

Cruise & Stays



Las Vegas
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San Francisco
Air + 3 Nights + 2-Night Cruise — from $599 + taxes & fees $172

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Vacations

Paris & London
Air + 8 Nights
from **$1199**
+ taxes & fees $502

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Manila & Boracay
Air + 8 Nights 4-Star — from $1499 + taxes & fees $259

INCLUDES 2 nights Manila accom and 6 nights Boracay accom. **BONUS** Caticlan Airport to Boracay Resort transfers included. **ADD** airfare from Manila to Boracay from $275.

Egypt Air + 10 Nights 4-Star — from $1749 + taxes & fees $405

INCLUDES 3 nights accom in Cairo and 7 nights beach accom in Sharm El Sheik. **ADD** Pyramids and Sphinx Tour from $97.

Peru Air + 7-Day Tour — from $1789 + taxes & fees $264

HIGHLIGHTS Cusco, Sacred Valley/Ollantaytambo & Inca Trail to Machu Picchu.

New Zealand Air + 8 Nights — from $1799 + taxes & fees $436

INCLUDES all air, 3 nights 4.5-star Auckland accom and 5 nights 5-star Queenstown accom.

East Africa Air + 12 Nights — from $2089 + taxes & fees $523

INCLUDES all air, 2 nights accom in Amsterdam, 8-day tour from Nairobi visiting Kisii, Lake Victoria, Serengeti National Park, Ngorogoro Crater, Meserani and last 2 night accom in Nairobi. Local payment (trip kitty) of USD$377 additional.

USA

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Chinese New Year, Air + 4 Nights
from **$359**
+ taxes & fees $111

INCLUDES downtown accom over Chinese New Year. **ADD** a city tour from $48.

Las Vegas
Air from Bellingham + 3 Nights — from $189 + taxes & fees $37

INCLUDES accom on the Strip. **UPGRADE** to 4-star accom from $21 per night.

Phoenix Air + 3 Nights 4-Star — from $639 + taxes & fees $111

INCLUDES accom close to the city of Phoenix and 36-hole championship golf course on site. **ADD** roundtrip transfers from $48.

New York Air + 3 Nights — from $699 + taxes & fees $136

INCLUDES accom close to Times Square. **ADD** roundtrip airport transfers from $46.

Hawai'i Air + 7 Nights — from $729 + taxes & fees $115

INCLUDES Waikiki accom. **ADD** 7-day car rental from $15 per day.

Family Vacations

Anaheim
Family Special, Air + 4 Nights
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INCLUDES accom adjacent to *Disneyland* Resort. Price per person based on family of 4. **BOOK** this package based on double occupancy from $389.

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JENNIFER GAUTHIER/FOR METRO

Olympic. Champions

▶ Sidney Crosby beats U.S. goaltender Ryan Miller during the ice hockey gold medal final at Canada Hockey Place.

Sid the Kid reigns supreme in B.C.

Canada finished the Olympics third in medals with 26, including 14 gold, the best of any nation ◐ About 22 million Canadians watched Crosby's goal on television

Sidney Crosby's gold-medal-winning, overtime goal against the United States is Metro Vancouver's newsmaker of the year for 2010.

The goal, arguably the biggest of Crosby's career, slammed an exclamation point onto the end of the 2010 Vancouver Olympics, the most exciting event in the city's history.

For two weeks in February, Vancouver was on display to millions around the world.

The Games began with tragedy (the death of Georgian luger Nodar Kumaritashvili) and embarrassment (a mechanical failure caused one of the Olympic cauldron's arms to remain slumbering in the floor of BC Place). By the end, the Games had exploded into a wave of red-draped patriotism and joy that swept through the city.

"I dreamed of this moment. It's pretty incredible."
SIDNEY CROSBY

Nowhere was that patriotism more apparent than on Robson and Granville streets, where hordes of rapturous, flag-waving, face-painted Canadians gathered to scream on their country's success. An estimated 150,000 people poured onto downtown streets as the winning goal ignited the biggest street party the city has ever seen.

Across the country, 22 million Canadians (about two-thirds of the country's population) watched as Crosby took a pass from a falling Jarome Iginla and snapped it past goaltender Ryan Miller to beat the Americans 3–2 in overtime.

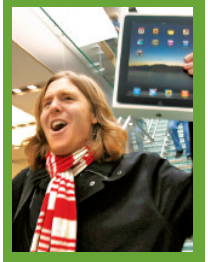
Ironically, Crosby was one of the few Canadians who didn't see the puck go in the net.

"I just shot it and didn't see it after that," Crosby told reporters in a post-game scrum.

METRO

1 news

Mobile video and the rise of 3-D TV among 2011's big tech stories. Scan code for the story.



On the web at metronews.ca

For more year-end news, lists, arguments and reminiscences, visit metronews.ca/vancouver

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It was an amazing year for local news as the world's spotlight swung to Vancouver for two weeks in February for the 2010 Games The Olympics were a treasure trove of news, from the tragic death of a Georgian luger Nodar Kumaritashvili, to the joyous first gold medal on Canadian soil, to Joannie Rochette's inspiring bronze-medal winning performance only days after the death of her mother The year was also marked by the announcements that Premier Gordon Campbell and NDP Leader Carole James would be stepping aside

JENNIFER GAUTHIER/FOR METRO

▶ Fans watch the women's hockey finals during the 2010 Games.

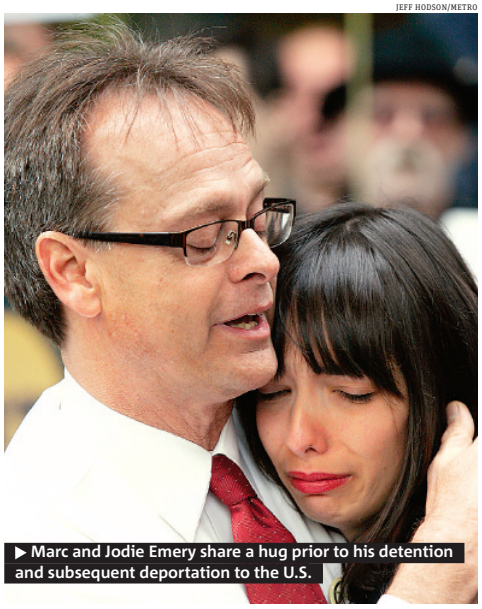
KRISTEN THOMPSON/METRO

▶ Gordon Campbell meets the media one day after announcing his retirement.

JEFF HODSON/METRO

▶ Former premier Bill Vander Zalm after his citizen's initiative to recall the HST gathers enough votes to move to referendum.

JEFF HODSON/METRO



▶ Marc and Jodie Emery share a hug prior to his detention and subsequent deportation to the U.S.

KYLE FARQUHARSON/FOR METRO

▶ A man speeds down a newly opened separated bike lane on Hornby Street.

The year that was 2010 News in review

As part of our process in determining who, or what, should be Metro Vancouver's newsmaker of 2010, we posed the question to you, the reader.

What story had everyone at your office talking at the water cooler? Furor over the HST? Gordon Campbell's resignation after a decade as premier? B.C.'s new drinking and driving laws? The Olympics?

The overwhelming response — thanks in part to his multitude of dedicated supporters — was the extradition of Vancouver's Prince of Pot Marc Emery to the U.S. in May. Emery pleaded guilty and was sentenced to five years in prison.

"Hands down it is Marc Emery. Even the American legal system has suggested Canada bring Marc home."
RYALS HILL, ON METRO VANCOUVER'S NEWSMAKER OF THE YEAR FOR 2010

"Hands down it is Marc Emery," wrote Ryals Hill. "Even the American legal system has suggested Canada bring Marc home."

VANOC CEO John Furlong also received a number of votes.

"Don't you guys forget the biggest news that came out of Vancouver, and Canada, this year? It was the Winter Olympics," wrote Stan Manu.

Others, like Richmond's Brad Kilburn, suggested we go off grid and recommended the bicycle as newsmaker of the year.

"The impact of this past year's events surrounding the bicycle in Vancouver has the potential to influence the growth of the city far longer and with greater significance than the changing of leaders of political parties, objections over new taxes, and the Americans' influence beyond their borders," he wrote.

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Canada 2010

Another weird and wonderful year of news

DARRYL DYCK/THE CANADIAN PRESS

▶ Actor Randy Quaid — who played a hard-drinking, ultra-paranoid pilot who claimed he was once abducted by aliens in the movie Independence Day — came to Canada seeking asylum, because Hollywood star whackers were out to kill him. Quaid said if it wasn't for Canada's refugee system he and his wife would be dead.

A look at top Canadian news events of 2010 from the Canadian Press

•Haiti devastated by strongest earthquake to hit impoverished nation in more than 200 years.

• Zakaria Amara, main organizer of the so-called Toronto 18 plot to bomb high-profile Ontario targets, is sentenced to life in prison.

• Col. Russell Williams is charged with first-degree murder in deaths of two eastern Ontario women and with sexually assaulting two others.

• Georgian luger Nodar Kumaritashvili, 21, is killed during Olympic training run before Winter Olympics.

• Canada finishes Vancouver Winter Games with a record 14 gold medals for a host country,

• Revelations that former junior hockey coach Graham James was pardoned after being convicted of sexually abusing two former players sparks outrage,

• Prime Minister Stephen Harper announces minister for the status of women.

• New RCMP Taser policy calls for use of stun guns only against people who are hurting someone or clearly about to do so.

• Marc Emery, Canada's self-styled Prince of Pot, is extradited to United States to face drug charges.

• Harper government announces new federal legislation that would end pardons for criminals and replace them with harder-to-get "record suspensions."

• Brig.-Gen. Daniel Menard, Canada's top soldier in Afghanistan, is relieved of command after allegations of inappropriate relationship with female subordinate while in theatre.

• Roving bands of militants use so-called Black Bloc tactics at G20 protest in Toronto, smashing store windows and torching police cars; violence sparks police crackdown that ends with more than 1,000 arrests by next day.

• Controversial harmonized sales tax (HST) is implemented in Ontario and B.C.

• University of Waterloo academic David Johnston named as Canada's new governor general.

• MPs in House of Commons vote 153-151 to kill a Conservative private member's bill to scrap the long-gun registry.

• Ontario Superior Court Justice Susan Himel strikes down Canada's prostitution laws, but federal government later wins extended stay while it appeals.

• Prime Minister Stephen Harper confirms Canadian troops to stay in Afghanistan past July 2011 deadline.

•Syncrude Canada is found guilty under wildlife laws of causing the death of 1,600 ducks in oilsands tailings pond in northern Alberta.

• MV Sun Sea carrying 490 Tamil migrants docks at CFB Esquimalt near Victoria.

• Ontario Superior Court judge rules Canadian Blood Services is legally allowed to ban men who have sex with men from donating blood.

• FOX TV announces singer-actress Jennifer Lopez and Aerosmith frontman Steven Tyler will join Randy Jackson as American Idol judges.

• Canadian-born director James Cameron wraps up visit to Alberta oilsands by saying failure to reduce environmental impact will transform them into eco-catastrophe.

• Canada loses a bid for one of the non-permanent seats on the powerful UN Security Council.

• Jonathan Duhamel of Boucherville, Que. wins World Series of Poker title and $8.94-million.

• Five Canadian tourists and two Mexican employees are killed in massive explosion at luxury hotel in Playa del Carmen, Mexico.

• Mass rescue of hundreds of people trapped in their vehicles overnight after a massive snowstorm and high winds shut down highway near Sarnia, Ont.

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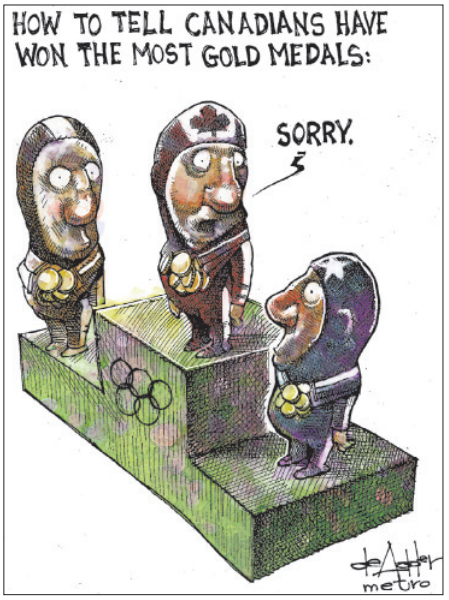
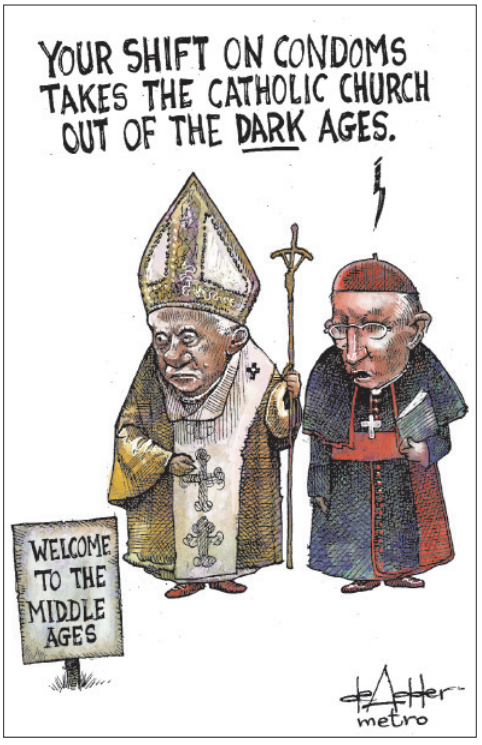
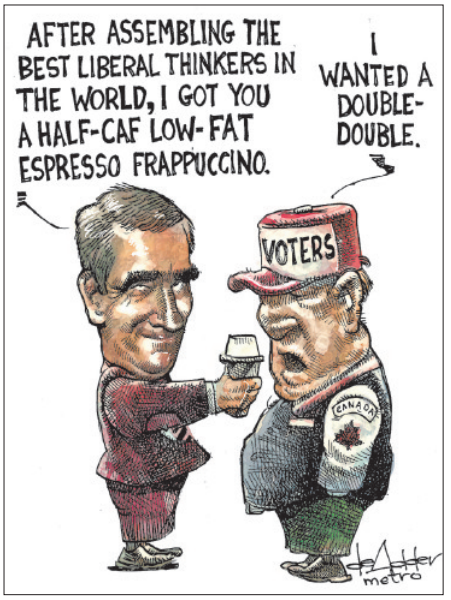
Michael de Adder's top 'toons of 2010







Recovery dubbed 'Great Disappointment'

If the recession didn't turn out to be as mind-blowing as advertised, at least in Canada, neither will the recovery.

The greatest economic meltdown the world has seen since the big one of the 1930s turned out to be a garden-variety slump for this country, one that ended a mere three-quarters after it began and shaved a relatively small 3.4 per cent from the country's output.

But if the recession wasn't great, the recovery has been equally uninspiring, driving CIBC's chief economist Avery Shenfeld to dub it the Great Disappointment.

And to rub salt into the wound, the disappointment threatens to drag on and on and on.

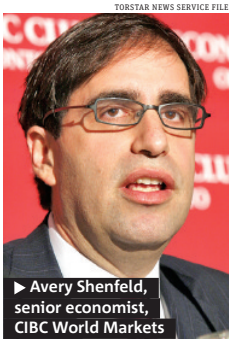
Some, including Bank of Canada governor Mark Carney, have speculated the hangover from what was indeed a major crisis in the U.S. and much of Europe could last a decade.

"History suggests that recessions involving financial crises tend to be deeper and have recoveries that take twice as long," he told the Economic Club of Canada this month.

"In the decade following severe financial crises, growth rates tend to be one percentage point lower and unemployment five percentage points higher. The current recovery is proving no exception."

He was talking about the global economy, but as a smallish trading nation, what goes around in the world eventually comes around to Canada, economists point out.

TORSTAR NEWS SERVICE FILE



▶ Avery Shenfeld, senior economist, CIBC World Markets

In recent pronouncements, Finance Minister Jim Flaherty has shown little inclination of resorting to more deficit spending to try to spark a stronger recovery than what appears to be coming naturally, which forecasts say will be in the two to three per cent range for the next couple of years.

Canadians seem to agree with him. In a recent Harris-Decima survey for The Canadian Press, 55 per cent approved of the government's stimulus actions so far, and 51 per cent thought they had been very or somewhat effective.

But similar majorities also said the government's deadline for ending the stimulus — Oct. 31 for infrastructure projects — is about right and only 23 per cent thought it should go on longer.

Former TD Bank chief economist Don Drummond says the reticence to again resort to extraordinary measures is understandable. All governments with the exception of those that are sitting on a massive wealth of oil are overseeing the largest deficits in history.

The federal government alone will have added close to $200 billion to the national debt by the time it balances the budget again, and that is assuming it meets the ambitious five-year target.

"Governments have done an enormous amount already to help the economy during the recession," Drummond said. Although few want to hear it, the solution now to long-term stagnation is not more quick fixes, but tackling systemic issues like improving productivity, and diversifying exports to other markets beyond the U.S.

THE CANADIAN PRESS

Canadian dollar

- **In his assessment** of the economy going forward, central banker Mark Carney fingered the weak U.S. demand for Canadian goods and the high Canadian dollar — which simply exacerbates the challenge — as key soft spots for Canada.
- **Economists believe** the loonie hovering near parity with the U.S. is between five and 10 cents too rich. Such a fundamentally overvalued currency makes foreign goods more attractive to Canadians and Canadian goods less attractive to foreigners — not a good trade-off in economic terms.

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2010 — A year blighted by disasters

260,000 killed — most deadly year since 1983, according to WHO officials

EMILIO MORENATTI/THE ASSOCIATED PRESS FILE

▶ A girl suffering cholera symptoms receives treatment at the Doctors Without Borders temporary hospital in Port-au-Prince.

This was the year the Earth struck back.

Earthquakes, heat waves, floods, volcanoes, super typhoons, blizzards, landslides and droughts killed at least a quarter million people in 2010; the deadliest year in more than a generation. More people were killed worldwide by natural disasters this year than have been killed by terrorists in the past 40 years combined.

"It just seemed like it was back-to-back, and it came in waves," said Craig Fugate, who heads the U.S. Federal Emergency Management Agency. It handled a record number of disasters in 2010.

And we have ourselves to blame most of the time, scientists and disaster experts say.

Poor construction and development practices conspire to make earthquakes more deadly than they need be. More people live in poverty in vulnerable buildings in crowded cities. That means that when the ground shakes, the river breaches, or the tropical cyclone hits, more people die.

The January earthquake that killed well more than 220,000 people in Haiti is a perfect example.

In February, an earthquake that was more than 500 times stronger than the one that struck Haiti hit an area of Chile that was less populated, better constructed, and not so poor. Chile's bigger quake caused fewer than 1,000 deaths.

Climate scientists say Earth's climate is changing thanks to man-made global warming, bringing extreme weather, such as heat waves and flooding.

THE ASSOCIATED PRESS

MATT DUNHAM/ASSOCIATED PRESS

▶ Prince William and his fiancée Kate Middleton arrive to view the Thursford Christmas Spectacular gala in Thursford, England, last week. The royal couple are due to marry on April 29, 2011.

Events, celebs to influence travel

Anniversaries, events, celebrities and the economy will influence travel in 2011, from the royal wedding in London, to the 10th anniversary of the Sept. 11th attacks in New York.

London is sure to be crowded for the April 29 wedding of Prince William and Kate Middleton. "If Charles and Diana got 600,000 people who came into London for that wedding, I could see a million for this one," said travel expert Pauline Frommer, creator of the Pauline Frommer Guides.

New York has also turned up on hot lists for 2011, including the No. 1 city in Lonely Planet's Best in Travel 2011 guidebook. "For all of New York, 11 September 2011 will be a defining moment," wrote the publisher's U.S. travel editor Robert Reid.

A Sept. 11 memorial, with reflecting pools set above the footprints of the World Trade Center, is expected to open in time for the anniversary of the attacks.

The 150th anniversary of the start of the Civil War is also being marked this year.

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Pickton fallout to continue

Case expected to spur to action authorities across Canada in 2011

The families of Robert Pickton's victims finally got something to bury this year.

The process of returning the remains of the 26 women Pickton was accused of killing began in late summer, after the Supreme Court of Canada ended the legal proceedings in the case by refusing to grant him an appeal.

But advocates for marginalized women have continually fought to ensure the case becomes more than just a collection of macabre stories of lives disposed by a dullard of a man who gained serial-killer celebrity.

In the years since Pickton's victims vanished, while others disappeared from a lonely stretch of northern B.C. highway and still more went missing across Canada, at no time have policy makers been paying more attention.

And potentially explosive challenges to Canada's prostitution laws working their way through courts — cases with roots in the Pickton killings — could force authorities to act.

"We're going for municipal and provincial and federal changes in the judicial system so this won't happen again."

GLADYS RADEK, VANCOUVER WOMAN WHO STARTED WALK4JUSTICE TO DRAW ATTENTION MISSING AND MURDERED WOMEN

The B.C. Crown has stayed 20 outstanding charges against Pickton, meaning those cases won't go to court. It also meant it is highly unlikely Pickton will ever be charged with the deaths of six more women whose DNA was found on his farm.

THE CANADIAN PRESS

JEFF HODSON/METRO FILE

▶ Elana Papin, left, with Cynthia Cardinal, centre, and Bonnie Fowler outside B.C. Supreme Court in New Westminster on Jan. 23, 2007. The three are sisters of Pickton victim Georgina Papin.

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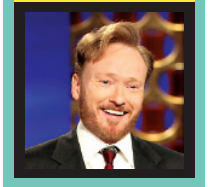
2 scene

Scene in brief



What began as an experiment in late-night, ended in a fiasco that made NBC a laughing stock and captivated the country. In January 2010, NBC sought to displace Tonight Show host, Conan O'Brien, by restoring Jay Leno to 11:35 p.m. But O'Brien didn't go for the 30 minute shift, and the fallout was one of the most public debacles in network history. In the end, O'Brien left with a huge settlement and finally ended up with a new show at TBS. Leno retook the Tonight Show.

THE ASSOCIATED PRESS

In the year of Move and Kinect, Red Dead Redemption moved and connected.

You've already seen a ton of Best Albums of 2010 lists, all featuring the usual suspects. So I thought I'd offer my list of albums that seemed to get lost in the shuffle this year. Each deserves a second listen.

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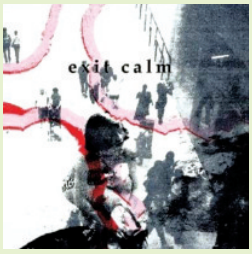

1

Exit Calm,
Exit Calm
A Yorkshire band reminiscent of early-to-mid period Verve marbled with a little shoe gazer. Too fuzzy and floaty for the mainstream, it nevertheless is one of the better records of its kind in recent memory.

2

Peter Gabriel,
Scratch My Back
When this album of covers arranged for orchestra was released in February, a lot of people said, 'this is what we've been waiting EIGHT YEARS for?' and turned away. That was a mistake because Gabriel does some interesting re-imagining with this record, especially with David Bowie's Heroes.

3

Titus Andronicus,
The Monitor
A band named after a Shakespearean play with a concept album about the U.S. Civil War? At first blush, this sounds ridiculous and self-indulgent. Closer inspection is rewarded with one of the more erudite CDs of 2010.

4

Delphic,
Acolyte
An astonishingly mature-sounding debut from a young Manchester band. If New Order were starting out today, they might sound like these people. The perfect music for hip hair salons and the lobbies of boutique hotels.

5

Free Energy,
Free Energy
Disappointed by the latest offerings from Weezer or the prolonged absence of the Strokes? Then try the debut record from this Philadelphia band. Bang Pop is a terrific single.

6

These New Puritans,
Hidden
If you read British music magazines, you have noticed this CD at the top of several year-end lists. I was hooked from the moment I heard the song We Want War. If Braveheart were around today, he'd have his army marching to this.

7

Tobacco,
Maniac Meat
When I played this album for a friend, he came close to stroking out because of its sheer bizarreness. If you make it out alive, try Tobacco's full-time band, Black Moth Super Rainbow.

8

Gil Scott-Heron,
I'm New Here
Without the influence of G S-H's work in the 70s, rap and hip-hop would have evolved very differently. This album is his first in 15 years (dude's been in jail, so he was, er, otherwise occupied) and showed that he hadn't lost any of his vitality.

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Mad Men heads top 10

Television had its share of ups and downs in 2010, here's The Associated Press' top picks for the year

1

Mad Men (AMC)
This series' fourth season resumed in November 1964 with magnetic ad man Don Draper (series star Jon Hamm) divorced and struggling at his startup agency. The season ended a year later as Draper found love — or so he thought — with his beautiful young secretary. Maybe the series' best year yet.
THE ASSOCIATED PRESS

2

Spartacus: Blood and Sand (Starz)
With all the bloody violence, you felt the urge to take a shower. With all the hardbodies and hanky-panky, you wanted to take a cold shower. An orgiastic blend of hyper-realism and epic fantasy, with an outstanding cast including Lucy Lawless (Xena: Warrior Princess), this show is a wicked treat unlike anything else on TV.

3

Treme (HBO)
Set in the months after Hurricane Katrina, this drama is a sometimes joyful, sometimes painful homage to New Orleans. There is plenty of evident rage over the preventable disaster that resulted from Katrina.
But there's also music, soul and cultural zest propelling this saga of a city determined to get back on its feet.

4

30 Rock (NBC)
By now, its fifth season, this wildly celebrated comedy should either be feeling its age or larded with self-satisfaction.
Instead, it's as zany, fresh and inspired as ever. Its send-up of big business, with a conglomerate called Kabletown devouring GE Sheinhardt NBC Universal, has represented 30 Rock at its wackiest.

5

Walking Dead (AMC)
A tattered band of survivors faced a zombie invasion in Atlanta (and who knows how far beyond) in a drama that proved macabre, suspenseful, poignant and horribly funny.
Its all-too-fleeting six-episode first season left the audience as ravenous as zombies to feast on the monstrous twists surely lurking next year.

Five more

Those shows that just missed out on a place in the top five.

- **6. Super Bowl Ad with Dave, Jay and Oprah (CBS)** Produced on the sly and aired just once, during last February's Super Bowl telecast.
- **7. Luther (BBC America)** Idris Elba (The Wire) stars as the charismatic, tormented Luther.
- **8. The Good Wife (CBS)** In its second season, this courtroom-and-family drama has been even better and more surprising than before.
- **9. Carlos (Sundance Channel)** Edgar Ramirez stars as Carlos the Jackal.
- **10. God in America (PBS)** Frontline and American Experience documentary.

CITY OF VANCOUVER vancouver.ca

Recycle Your Christmas Tree

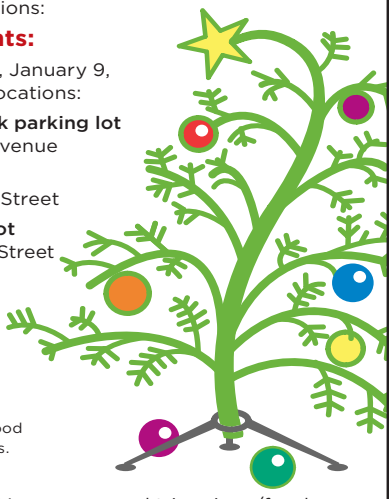
After the holiday season, Vancouver residents can recycle live, cut Christmas trees. Remove all the decorations and tinsel from the tree and use one of the following options:

Lions Club Chipping Events:

Saturday, January 8 and Sunday, January 9, between 10 am - 4 pm at these locations:

- **Kerrisdale Community Ice Rink parking lot**
  East Boulevard north of 41st Avenue
- **Kitsilano Beach parking lot**
  Cornwall Avenue and Arbutus Street
- **Sunset Beach upper parking lot**
  Beach Avenue and Broughton Street
- **New: Rona Home & Garden Grandview Store**
  (replaces Trout Lake site)
  2727 East 12th Avenue – overflow parking lot south of 12th Avenue

Donations of cash and non-perishable food items will be distributed to local charities.



Residential Collection:

Households that receive City of Vancouver yard trimmings/food scraps collection may set out trees before 7 am on their regular collection day until January 31.

Drop-off Depots: Vancouver residents may drop off trees at no charge until January 31 at the Vancouver South Transfer Station, 377 Kent Avenue North or Vancouver Landfill, 5400 72nd Street, Delta.

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The highs and lows of Hollywood 2010

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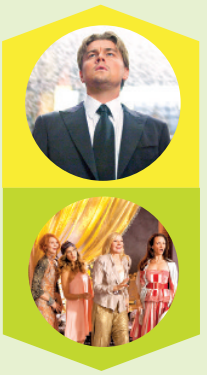
It's been an odd year, 2010, with some surprise box office hits (Hey there, Alice in Wonderland) and high-profile misses (Burlesque, I'm looking at you) mixed in with the usual Twilight and Harry Potter cash cows. With the holidays — and awards season — upon us, we try to make sense of it all by tallying up the best and worst films of 2010.

Up and down

Inception

A triumph of storytelling, visuals and emotion, Christopher Nolan's dreamscape is an all-around winner.



Sex and the City 2

It's rare for a movie to be this aggressively bad, especially when it's part of a beloved, successful TV and film franchise. Whether it was the worse-than-usual puns, the recession or the cultural tone-deafness, this was a tour de force of awfulness.

Ups

The Social Network

As timely as it is entertaining, David Fincher's Facebook movie gets great performances from its young cast, but it's Aaron Sorkin's screenplay that is the real star here.

Never Let Me Go

A subtle, moving adaptation of Kazuo Ishiguro's heartbreaking novel, the film proved that Carey Mulligan's Oscar nomination last year wasn't a fluke.

Black Swan

Though it's been jokingly referred to as Showgirls for the art-house set, Darren Aronofsky's mind-bending look inside the world of professional ballet will leave you blinking at the screen.

The Ghost Writer

Though likely not Tony Blair's favourite film of the year, Roman Polanski's taut thriller about a memoir-writing former Prime Minister with something to hide was chilling and near-perfect.

Toy Story 3

Proving that franchises don't have to decline in quality as they go on — I'm looking at you, Shrek — this wasn't just a great animated film, it was a great film.

Blue Valentine

Absolutely devastating portrayal of a marriage imploding, this too-real drama starring Ryan Gosling and Michelle Williams will haunt you.

Scott Pilgrim vs. The World

Edgar Wright's comic adaptation was possibly the most entertaining and original film of the year. Practically an anthem for the video game generation.

The Kids Are All Right

Anchored by a pair of hilariously flawed performances by Annette Bening and Julianne Moore as lesbian parents, this film's portrait of a modern family hit all the right notes.

Downs

Eat Pray Love

Beautiful to look at, as long as you don't listen to Julia Roberts' character's lamentations about being spiritually unfulfilled. It's two and a half hours of yuppie faux-spirituality, objectifying native cultures and rampant self-absorption.

For Colored Girls

Tyler Perry's clumsy adaptation — and even clumsier direction — left his stellar cast of actresses twisting in the wind.

Robin Hood

Ridley Scott's bloated, plodding retelling of the origins of Sherwood Forest's most famous resident, played by a scowling, grumbly Russell Crowe, was almost as boring as it was needlessly mean to the French.

Valentine's Day

A rom-com omnibus packed with pretty faces in various states of romantic distress, this overstuffed confection is about as aggressively sweet as they come. But in case you didn't get enough, the folks behind it have New Years Eve on tap next.

Clash of the Titans

This remake's worst crime was tossing the original's bright colours and campiness for a dour, gray slog through Ancient Greece, all led by a smile-averse Sam Worthington.

The Back-Up Plan

Jennifer Lopez's latest bid at box office domination came off instead like a how-to guide for getting the romantic comedy genre wrong.

Dinner for Schmucks

It seems impossible for a movie starring Steve Carell and Paul Rudd — and featuring a Zach Galifianakis cameo — to be so aggressively unfunny, but Dinner for Schmucks achieves the impossible.

Jonah Hex

Somehow, Josh Brolin managed to appear in the best and worst westerns this year, getting top billing in both the superb True Grit and this turkey.

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etalk's gossip expert Lainey counts down the stories that had celebrity-watchers buzzing this year To stay updated on all the drama 2011 will bring, watch etalk on CTV, or catch Lainey online at laineygossip.com

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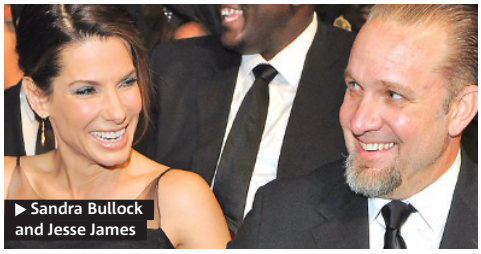
Marriage ends in scandal



▶ Sandra Bullock and Jesse James

Two weeks after winning the Best Actress Oscar, Sandra Bullock found out via supermarket tabloid that her husband was cheating on her with a woman who tattooed her own face.

Jesse James's mistress count would soon rival Tiger Woods's. Bullock refused to throw herself a public pity party, initiated divorce proceedings immediately, and then revealed to the world that she'd managed to conceal an adoption.

She introduced baby Louis on her own terms on the cover of People Magazine, proving that celebrities can maintain privacy ... if they actually want to.

William and Kate's wedding plans

People lose their minds over ordinary weddings. When it comes to a Royal Wedding, things get straight up out of control.

Ending months of speculation, Prince William finally announced in November that he will marry commoner Kate Middleton.

He proposed with his mother's engagement ring. Everyone wants to know who's designing her dress.

But the real drama will be whether or not Camilla Parker-Bowles, her future stepmother-in-law, will have to curtsy to William's new bride. Kate will rank higher than Camilla when she marries.

Lohan in and out of courts, rehab

Lindsay Lohan opened 2010 by announcing she'd be playing porn star Linda Lovelace in a new biopic.

Then she lost her passport while partying at the Cannes film festival right before a probation hearing. Lohan made it worse when she finally showed up for court with "F— You" written on her middle fingernail. That resulted in a two-week stint in jail, followed by two trips to rehab, where she reportedly had an altercation with a rehab staffer.

Mel-tdown taints actor's reputation

This was the year that Mel Gibson went from Braveheart to Breathe-Hard.

The world became intimately familiar with Gibson's raging rants and heavy exhales after cell phone conversations between him and his ex-lover Oksana Grigorieva were leaked online as the two battled over abuse allegations and custody of their daughter.

Swift's musical heartbreak

Who knew that country music's angel had such an undercover love life?

Taylor Swift's tune Dear John is believed to be about John Mayer, whom she secretly dated for six months until, in typical Mayer fashion, he broke her heart. By year's end, though, Swift was passing love notes to Jake Gyllenhaal.

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10 overlooked films 2010

Don't miss these hidden gems that may have escaped you first time round

RICHARD CROUSE
SCENE@METRONEWS.CA

According to movieweb.com, 648 movies were released in 2010. Here are some of 2010's releases you may have missed but are worth a look.

▶ Michael Cera stars in Scott Pilgrim vs. The World.

Scott Pilgirm vs. The World

Scott Pilgrim vs. The World stars Michael Cera as a 22-year-old Torontonian who must defeat his girlfriend's Seven Evil Exes if he wants to be with her. It's a wild ride that nails the pop culture zeitgeist but also tells a universal human story.

Splice

In Splice a creature goes from newborn to troubled teen in just a matter of weeks. Starring Sarah Polley and Adrien Brody, it's giddy good fun; the rare sci fi flick that revels in its b-movie roots while also offering up something to think about.

Harry Brown

Michael Caine has rarely been better than he is in Harry Brown, a gritty Teabag Western about an old man in the Elephant and Castle section of London who strikes back after a gang kills his best mate.

Cyrus

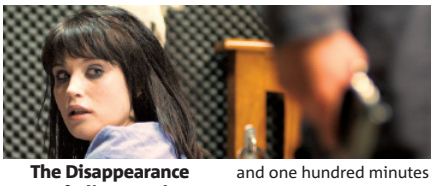
Cyrus is an odd movie. It's about a lonely guy, the woman of his dreams ... and her quirky son played by Jonah Hill. Not quite a comedy, not quite a drama, it falls somewhere in between. Just like real life.

Flipped

Rob Reiner's Flipped is coming-of-age Rashômon filtered through Leave it to Beaver with a dash of The Wonder Years thrown in for good measure. In other words, it's a touching, but idiosyncratic film about growing up.

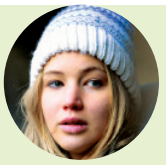
Get Low

Get Low, the unlikely story of a man arranging his own funeral, took on three hankie status as Robert Duvall played an old man looking back on his wasted life.



The Disappearance of Alice Creed

The kidnapping drama The Disappearance of Alice Creed features three characters, three, maybe four sets and one hundred minutes of unrelenting tension. It's a nasty little piece of work, remorselessly bleak but carefully crafted enough to be intriguing.



Winter's Bone

Winter's Bone should be seen not only for its uncompromising story of an Ozark girl who will do anything to keep her family together, but also for the breakout performance of its star Jennifer Lawrence.

Defendor

In Defendor Woody Harrelson plays a man whose rich inner life spills out into his real life. By day he's dead-end-job-Arthur but at night he's superhero Defendor. Gritty and funny, Harrelson breathes life into a role that could easily have fallen into cliché.

Marwencol

Marwencol, a documentary about a man with a severe brain injury who creates his own world as therapy is one of the funniest, most touching and inspirational films of the year.

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3 life

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ScanLife

A healthier, satisfying party food: Recipe for curried tropical nut mix

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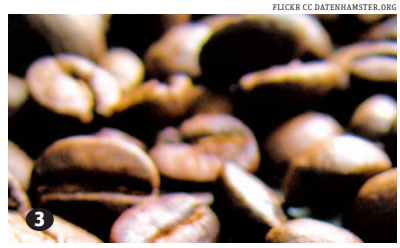

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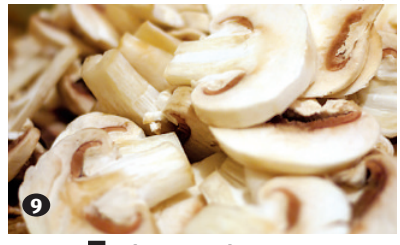

9

Embrace healthy living

This year, why not resolve to include more super foods to your everyday diet?

JESSICA CARLESON
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

1 BLACK RICE

Once consumed only by Chinese nobility, "forbidden" black rice is being hailed as the latest super grain. "It can help protect against cancer and heart disease and is rich in anthocyanin antioxidants," explains Zhimin Xu, associate professor in the Department of Food Science at Louisiana State University.

2 CHERRIES

Cherries contain melatonin, the same chemical the brain makes to get us to feel sleepy at night.

"We usually make enough of this naturally but cherries can help those suffering from jet lag or irregular sleeping patterns," explains nutritionist Michele Kingston.

3 COFFEE BERRIES

Comprised of the entire coffee fruit as opposed to just the bean, "coffee beans have a stellar antioxidant content," explains Jody Villeco, Whole Foods market nutritionist.

4 COCONUT WATER

The super drink of the year, coconut water is the purest liquid after water.

"People assume it's fatty but it's sourced from the young green coconuts and contains no fat at all … and one glass is 60 calories," explains Dana James, New York nutritionist and founder of Food Coach NYC.

5 RAW CHOCOLATE

"Raw chocolate is a minimally processed and antioxidant enhanced form of chocolate," says Villeco. Remarkably rich in magnesium, it is important for cardiovascular health.

6 BARLEY

Villeco explains how barley's soluble fibre has huge benefits such as keeping blood sugar levels balanced, promoting satiety and benefiting digestive and heart health. "Barley is high in beta glucan, which helps eliminate cholesterol from our bodies, and niacin (vitamin B3) which helps reduce it," explains Kingston.

7 CHESTNUTS

Far lower in calories than other nuts and a vitamin powerhouse (B6 and C), chestnuts make the perfect winter snack. "They are full of fibre and a great source of magnesium and iron," explains raw food expert Christina Agnew.

8 APRICOTS

"Apricots are rich in antioxidant beta-carotene that promotes healthy eyes and skin, boosts the immune system and the elimination of free radicals," says Agnew.

"Look for sulphite-free varieties and remember that although natural, dried fruit is a concentrated source of sugar," explains Villeco.

9 WHITE BUTTON MUSHROOMS

Found in most grocery stores, white button mushrooms contain high levels of potassium that helps lower elevated blood pressure as well as selenium, which works with vitamin E to protect the body's cells, says Villeco.

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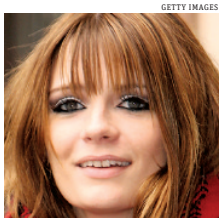
Feet

When dancing, "it's better to wear a higher heel versus a stiletto for reduced stress on the heel, ankle and the front of the foot," says Rock G. Positano, director of the foot and ankle service at Hospital for Special Surgery in New York.

GETTY IMAGES



Hair extensions

Enjoy them, just not every day for years, which "can cause considerable damage," says trichologist Philip Kingsley. "Damage can include severe hair breakage and bald patches."

SKIN

Glowing skin

"UV tanning, especially before the age of 30, can increase the risk of melanoma by 75 per cent," says Sinead Norenius, founder of skincare line Beautisol. She also says to be aware of UV rays, found to break down the DNA in your skin and cause premature ageing.
Solution: Apply fake tan instead and you will avoid premature wrinkles and skin damage. Using gloves and practising first will stop you from ending up with the "tangoed" or bright orange effect.

GETTY IMAGES

▶ They look good now but let's hope they're not wearing extensions.

The dark side of looking good

BEDTIME BEAUTY

Makeup

It's 4 a.m. and you've tumbled out of a taxi and into your bed — makeup on and fully clothed. "By not sticking to your nightly beauty routine you could be causing havoc to your skin and teeth," explains Sinead Norenius.

Forgetting to take your makeup off can lead to clogged pores and turn your skin into a breeding ground for bacteria. Nighttime is when the skin repairs itself from free radicals and pollution that builds up during the day and heavy makeup makes it more difficult for your skin to work.
Teeth: Going to bed without brushing your teeth could lead to plaque build up and bad breath.
Solution: Leave a stash of makeup wipes by your bed. ROMINA MCGUINNESS

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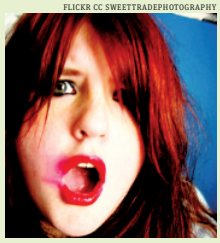

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Nails

Think twice before gluing on fake nails this NYE. "Stick-on nails won't be secure," says Thea Green, founder of salon Nails Inc. They could also cause chemical damage to the nail bed or suffocate or tear off your real nail. Get a manicure.

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Eyes

Lash extensions are glued to individual lashes at the root of the lash and are applied on the upper eyelid using pointed tweezers and strong adhesive. Removing lashes could remove natural ones. Invest in good mascara and eyelash curlers.

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Your New Year's resolutions

WE ASKED THREE COOL CANADIANS WHAT THEY PLAN ON CHANGING IN 2011.

David Suzuki

DAVID SUZUKI FOUNDATION

For more than 15 years, my resolution has been the same: stay home and spend time with the family. My dream would be to wake up every morning in the same bed as my wife.

Tamara Taggart

CO-ANCHOR, CTV NEWS AT 6

I have the same resolution every year — to be organized ... for some reason it doesn't seem to work out. 2011 will be the year I'm so organized I'll make Martha Stewart look like a mess (yeah, right). Mike Killeen thinks my resolution should be for me to stop saying "really" but there's no way I'm giving up that word.

Gregor Robertson

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Don't grow another mustache. No, it would probably be to finish off my campaign promises and we're most of the way through the list.

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New Year's fun

From fire ceremonies to gongs to beach parties, each country will have its own unique way of ringing in the start of 2011

JESSICA LEWIS
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HENNY RAY ABRAMS/THE ASSOCIAT-

▶ Revellers greet a new year with confetti and cheering at Times Square in New York.

On New Year's Eve in Canada, most of us watch the ball drop on a television set while sipping champagne, warm and cozy inside our homes. In other countries, there are different traditions that honour the incoming new year. From good luck charms to fireworks to elves, here are a few countries with fascinating celebrations.

Scotland
The Scottish New Year celebration has become a huge festival named Hogmanay. Many cities take part in the festival, but Edinburgh and Glasgow boast the largest. There are music performances, fire ceremonies such as torchlight processions, and street parties. The celebrations can last up until January 2.

First footing

Part of the Hogmanay tradition in Scotland, neighbours would visit each other after the clocks tolled midnight.

The first person to cross the treshold would brings gifts — a coin, bread, salt, coal, or a drink — to bring good luck to the home.

Brazil
The largest New Year's Eve celebration in Brazil is on Rio de Janeiro's Copacabana beach. Attendees of the beach parties wear white for good luck and to honour the goddess of the water, Iemanjá. The beach boasts numerous concert stages, lots of dancing and large fireworks displays at midnight.

Iceland
A popular tradition on New Year's Eve is to participate in community bonfires. They usually take place in the evening, after family dinners. At midnight, families have their own sets of fireworks and firecrackers. In Iceland, traditions can extend until January 6, with a celebration for elves and trolls.

Japan
Known as Oshogatsu, the holiday is one of the most important for the country. It is a time for families and getting rid of the year's bad luck, making way for new, more prosperous luck. On Dec 31, Buddhist temples ring gongs 108 times to expel 108 different types of human weakness.

Spain
One popular Spanish tradition during the celebrations is for a person to eat 12 grapes, one for each stroke the clock makes at midnight.

If you can eat them all successfully, you will have good luck.

Your New Year's resolutions

WE ASKED TWO COOL CANADIANS WHAT THEY PLAN ON CHANGING IN 2011.

Rick Mercer

RICK MERCER REPORT, CBC
I resolve to be calm when I see my government lying. Also, when I see my government abusing Canadian veterans over and over again, I will be calm. When our government pits rural against urban, East against West, English against French, Tim Hortons against fill in the blank, I will be calm. When I see MPs from all parties playing stupid partisan political games instead of working together to make Canada a better place, I will be calm. Actually, I take all that back. To hell with being calm, anger is my cardio. And like everyone else, I hate going to the gym.

Jessica Holmes

COMEDIENNE ON ROYAL CANADIAN AIR FARCE, CBC
When winter comes, I fall in love with the snow (especially the white snow). Our winter wonderland makes me recommit to the environment each year. In 2010, I shopped used instead of new in the areas of clothing, home furnishings, books, and pots & pans... basically everything but undies (sorry environment, that's where I draw the line). The lady with the wild kids at the monthly 50% off days at Goodwill? Me. In 2011, I'm going to keep finding new ways to go green. I'll probably stop short of bicycling in winter wearing birkenstocks and sporting dreads, but I will be bringing my reusable thermos on the subway instead of buying bottled water. Baby steps to a green future, baby!

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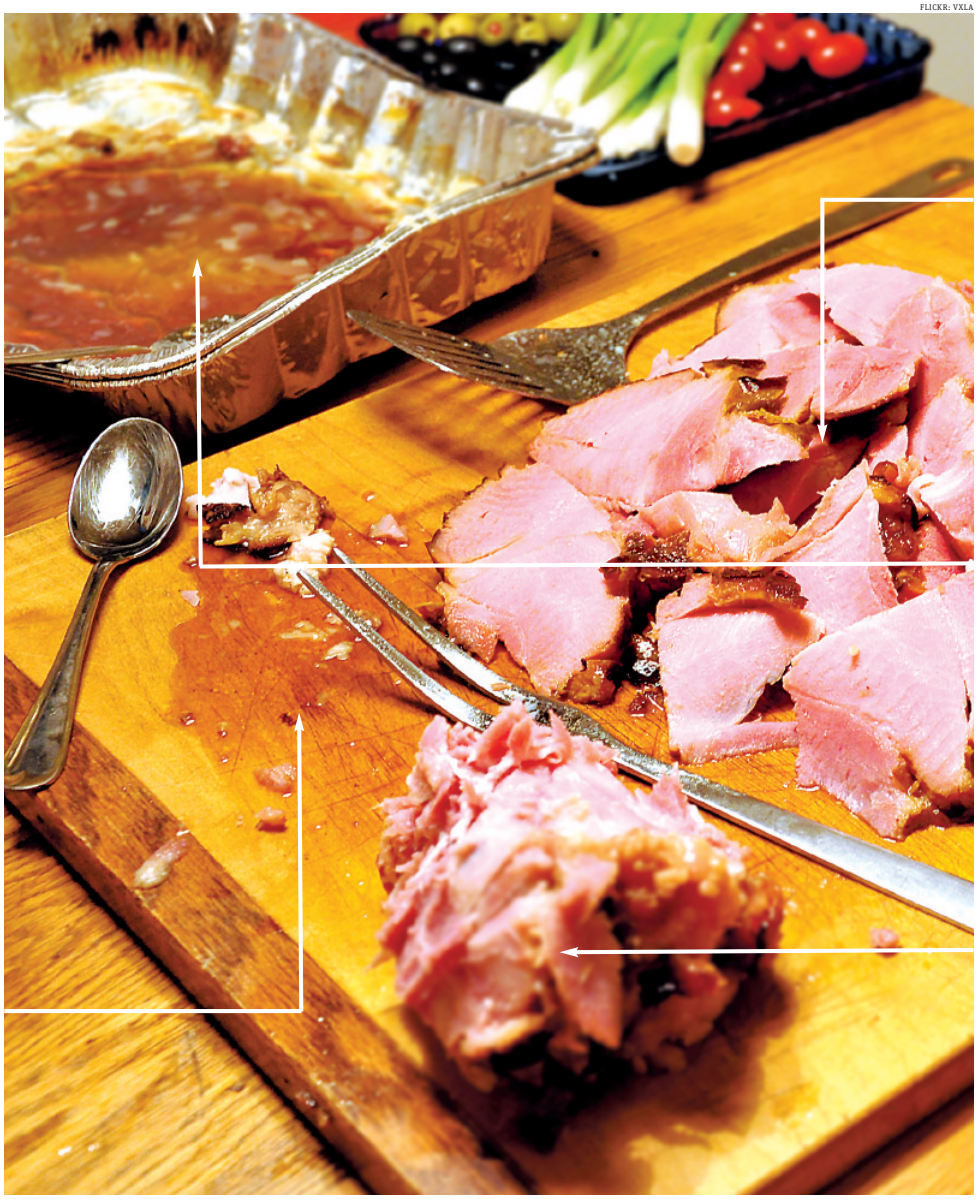
Have a healthy holiday

The many gatherings that take place over the holiday period can generate plenty of leftovers, a bonus for the harried cook. But any food left sitting out for a few hours on a buffet table might cause illness if it hasn't been handled properly, Health Canada says.

An estimated 11 million cases of food-related illnesses occur in Canada every year, according to the federal department, but many of these illnesses could be prevented by following proper food-handling and preparation techniques. Leftovers are safe to eat as long as certain food-handling practices are followed.

There are four simple rules to follow at any time of the year: cook foods to proper temperatures; chill foods properly in the refrigerator; when storing leftovers, keep raw foods separate from cooked foods to avoid cross-contamination; and keep your hands, utensils and workspace clean and disinfected. Here are some additional tips on food safety from Health Canada:



FLICKR: VXLA

Handling leftovers

- Before and after handling leftovers, wash hands, utensils, dishes and work surfaces with hot soapy water.
- For added protection, sanitize utensils, dishes and work surfaces, using household sanitizers or a mild bleach solution (5 ml/1 tsp bleach per 750 ml/3 cups water).
- Keep foods out of the temperature danger zone (4 C to 60 C) to prevent the growth of harmful bacteria.
- Discard any cooked food left out more than two hours. When in doubt, throw it out.

Cooling leftovers

- Refrigerate leftovers in uncovered, shallow containers so they cool quickly.
- Very hot items can first be cooled at room temperature. Refrigerate once steaming stops.
- Leave lid off or wrap loosely until food is cooled to refrigeration temperature.
- Avoid overstocking refrigerator to allow cool air to circulate freely.

Storing leftovers

- Always use a clean container to hold leftovers, or wrap leftovers in leakproof plastic bags to prevent cross-contamination. Keep different types of leftovers separate.
- Eat refrigerated leftovers within two to three days, or freeze for later use.
- Date leftovers to help identify contents and to ensure they are not stored too long.

Reheating leftovers

- Reheat leftovers to an internal temperature of 74 C. Use a digital food thermometer to check the temperature.
- Bring gravies, soups and sauces to a rolling boil and stir during the process.
- When reheating in the microwave, use only containers and wrap designed for use in the microwave. Loosen the lid or wrap to allow steam to escape.
- Discard uneaten leftovers after they've been reheated.

For more information, visit canfightbac.org.

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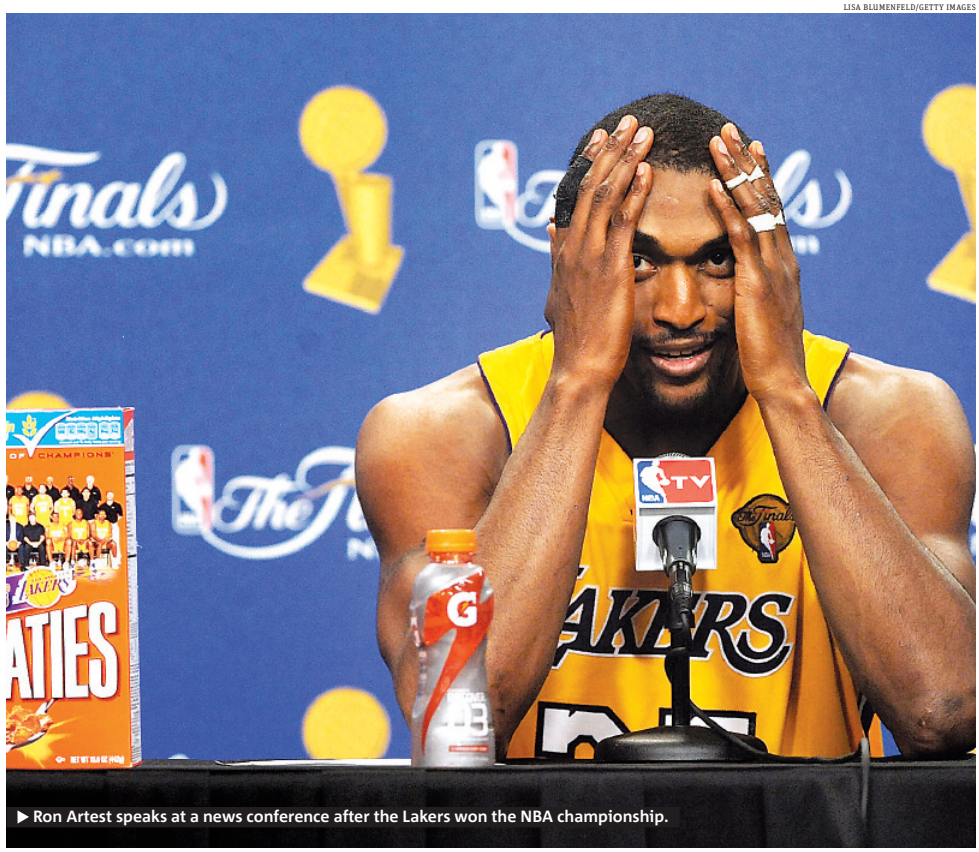
One strange year

Metro's John Chick looks at some of this year's odder stories from around the world of sport From baffling fashion choices to dangerous dealings with furniture, 2010 had it all

LISA BLUMENFELD/GETTY IMAGES



▶ Ron Artest speaks at a news conference after the Lakers won the NBA championship.

NBA
It's impossible to summarize Ron Artest's career body of work in one paragraph. To simplify, this is a guy who as a rookie with the Bulls in 1999 (salary then $1.1 million US) applied for a part-time job at Circuit City to get an employee discount on electronics. This year however, he'll be remembered for thanking his psychiatrist on live television after helping the Lakers capture the NBA title (to be fair, Artest seems genuine about shining attention on mental illness — he was set to raffle off his championship ring on Christmas Day for funds for that purpose).

UFC
Sean Pierson is an MMA fighter who also had dreams of becoming a Toronto police officer. Unfortunately just this month, his other dream of competing in a UFC event (called in after another fighter's injury) helped dash his goal of being in law enforcement. Turns out Pierson used to compete under the moniker "Pimp Daddy," which didn't sit well with the Toronto Police Service. Pierson had a conditional offer of employment with the force, which was rescinded after his appearance at UFC 124 in Montreal brought back Internet memories of Pierson's old handle. A police spokesman, clearly referring to the unlawful nature of the nickname, said it was "not appropriate for a police officer."

CFL
One of the things that's refreshing about the CFL is that the league's top players don't make mind-boggling money. Sure, the good quarterbacks like Henry Burris are paid well, but instead of private parties with professional models, you'd be more likely to spot a CFL player like Burris at a house party down the street clowning around like a college kid, wearing a bra, exactly like he was photographed doing this year.

Soccer
Allegations that there are some shady secrets inside soccer's global governing body are nothing new. However on the eve of host selections for the 2018 and 2022 World Cups respectively, Andrew Jennings of the venerable BBC newsmagazine Panorama alleged that three senior FIFA officials took bribes in the 1990s. Disappointed by the timing, the chief of England's bid for the 2018 event called the BBC "unpatriotic." Three days later, FIFA awarded Russia the 2018 World Cup.

NHL
When a pro athlete marries a TV star, you would generally expect a decadent, six-or-seven-figure event with a clothing budget rivalling the price of real estate. This however was not the case in Sweden this summer, when Detroit Red Wings forward Henrik Zetterberg married Swedish TV personality Emma Andersson.

MLB
For 13 Major League seasons, Russell Branyan has been known for his inability to do anything other than strike out, homer or walk. But thanks to 2010, he'll also be known for being injured by furniture. In July, the Seattle Mariners utilityman woke up in a hotel room — and while on the way to open the curtains, banged into a coffee table, which elevated and landed on his toe. He missed three games. Then in September, while eating with his family at a pizza joint, he allegedly slid off a plastic chair, landing hard on his tailbone. Branyan didn't play again all season, and is now a free agent.

4 sports

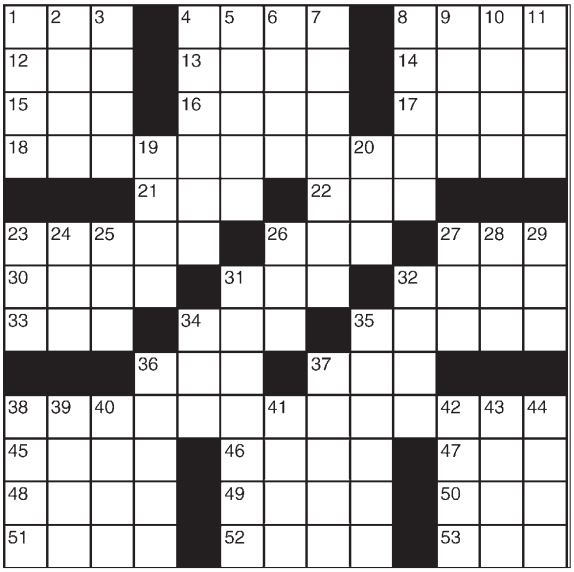
Quoted

"George was The Boss, make no mistake. He built the Yankees into champions, and that's something nobody can ever deny."
YOGI BERRA, ON GEORGE STEINBRENNER, WHO DIED THIS YEAR AT AGE 80.

"In my opinion, if he's not as important as Dr. Naismith, he's right next to him."
CONNECTICUT COACH JIM CALHOUN, ON FORMER UCLA BASKETBALL COACH JOHN WOODEN, WHO DIED AT AGE 99, JUST A COUPLE MONTHS SHORT OF A CENTURY.

Scan code for news

Crossword



Across
1 Unfriendly
4 Gospels' follower
8 Mr. Pitt
12 Discoverer's cry
13 Coin aperture
14 Hindu princess
15 Dress
16 Long story
17 Aware of
18 Popular Christmas carol
21 Nog ingredient
22 Blend
23 Meat-and-dairy shunner
26 Foundation
27 Nevertheless, briefly
30 Bloodhound's clue
31 Christmas tree, maybe
32 Knitter's need
33 Court
34 Carpet
35 Christmas entree
36 Round Table address
37 Has permission
38 Popular Christmas carol
45 Declare
46 Gridlock sound
47 Listener
48 Early software version
49 Otherwise
50 Ostrich's cousin
51 Wield scissors
52 Peruse
53 Hammarskjöld of U.N. fame

Down
1 Small bit
2 Food
3 Meditation method
4 Appoint
5 Trolley noise
6 Frat party garb
7 Speak haltingly
8 Big names in zoos
9 Pealed
10 Initial stake
11 New Look designer
19 Calendar quota
20 Succor
23 Promise
24 Tokyo, once
25 Stickum
26 Humongous
27 Lao-tzu's principle
28 Storefront sign abbr.
29 Indivisible
31 Promote
32 Vacillate
34 Carnival city
35 Stared stupidly
36 Knapsack part
37 High-IQ group
38 Pokes
39 Microwave, e.g.
40 Abominable Snowman
41 Pit
42 Oboe insert
43 Dalai —
44 Pharmaceutical

▶ Yesterday's answer

H	E	M		D	O	R		T	E	S	T	S		
A	D	O		O	R	A		A	T	R	I	A		
V	I	N		W	I	N	D	C	H	I	L	L		
O	T	T		N	E	G	R	O						
C	H	E	Z		N	E	O		T	A	F	T		
			O	A	T		P	H	O	B	I	A		
U	P	E	N	D				A	P	A	R	T		
M	I	K	A	D	O		S	P	A					
P	E	E	L		U	T	E		Z	A	N	Y		
			S	C	R	A	P		C	O	E			
W	I	N	D	C	H	I	M	E		M	I	N		
A	R	E	N	A		B	E	G		E	S	T		
S	E	D	A	N		E	D	S		S	E	A		

Sudoku

			8		1			3
9	4		5			2		
	8		7					
						6		8
1	6						9	5
4		7						
					7		6	
		3			4		5	9
5			9		2			

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

2	4	5	8	9	3	1	7	6
9	7	1	6	4	5	8	2	3
6	3	8	1	7	2	9	5	4
5	8	2	3	6	1	4	9	7
3	9	7	2	5	4	6	8	1
4	1	6	7	8	9	2	3	5
7	6	9	5	1	8	3	4	2
1	2	4	9	3	7	5	6	8
8	5	3	4	2	6	7	1	9

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

My Sher-bear! I love ya with all my heart! U take good care of me all the time! Thank u! I lub ya! **A.ACE**

Still thinkng of you Devin **TOOTHFAIRY**

E. I'm sorry for being a jerk I just want to know that you feel the same way about me as I feel about you. And I'm serious about your Escalade, I love you that much. xxxxxxoooooooo **J.B.**

Jay, Not even 2 months, since our 8 hour conversation and im completely in awe by the power behind us. The inpiration, passion and dreams are endless with you by my side. Its fantastic, with a K.

Tara! Have an amazing time in Mexico!!! You are my favorite person on the globe. I love you. From your **TWEETY-WALKA** *:)*

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For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today's horoscope

♈ Aries March 21-April 20 Monday will give a boost to your ambitions, most likely by bringing someone in authority over to your side so you are more likely to be triumphant in power struggles with rivals.

♉ Taurus April 21-May 21 Stop worrying what other people might be saying about you and have the confidence to do what you feel is right. It may seem as if the whole world is against you this week but self-belief will see you through.

♊ Gemini May 22-June 21 You need to be canny about money matters.Beware that people you do business with cannot be trusted. Check every last fact and figure for yourself. Take nothing on trust.

♋ Cancer June 22-July 22 You have to accept that others have the upper hand at the moment. However, if you play your own hand wisely you can still get what you need.

♌ Leo July 23-Aug.23 Holidays may be fun but there are serious issues that need to be dealt with. Throw yourself into your work this week and make sure you have total mastery of all the little details.

♍ Virgo Aug. 24- Sept. 22 Cosmic activity in the most productive area of your chart gives you the drive and the determination you need to do something out of the ordinary. Don't follow other people — follow your dream wherever it leads you.

♎ Libra Sept. 23-Oct. 23 Unless you are openly invited to give your opinion about what is going on in the private life of a friend or relative you must keep your mouth shut.

♏ Scorpio Oct. 24-Nov. 22 Good news will be coming your way over the next few days. If it's to do with your finances you must resist the urge to go on a celebratory spree.

♐ Sagittarius Nov. 23-Dec. 21 You will find it easy to make money this week — in fact you seem to have the Midas Touch. Sometimes you can be a bit too easygoing when it comes to what you earn but wealth means more to you now than anything else.

♑ Capricorn Dec. 22-Jan. 20 Your self-image will get a major boost. You will realize how much more is possible once you stop feeling sorry for yourself and get serious about your ambitions. You're a Capricorn – you were born for success.

♒ Aquarius Jan. 21-Feb. 18 Enjoy what remains of the holiday weekend, then start making plans for the approaching new year. Those plans must be all about you.

♓ Pisces Feb. 19-March 20 You just can't get out of the party spirit. You want the good times to go on and on. And they will. You've had an excellent year and it's only right and proper that you should want to celebrate. **SALLY BROMPTON**

Caption contest

ANN HEISENFELT/THE ASSOCIATED PRESS

WIN!

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Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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Deals of the week

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CUBA

Varadero

Sol Sirenas Coral Resort • 3 ★
All-Inclusive • Standard rm.
Jan. 7 & 14 • 1 wk.
$759
+Taxes & other fees: $149

Sirenis La Salina Varadero Beach Resort • 4 ★
All-Inclusive • Standard rm.
Jan. 7 - 21 • 1 wk.
$939
+Taxes & other fees: $149

JAMAICA

Sunset Jamaica Grande Resort & Spa • 4 ★
All-Inclusive
Traditional standard rm.
Jan. 7, 14 & 21 • 1 wk.
PRIVILEGES
$1199
+Taxes & other fees: $92

DOMINICAN REPUBLIC

Punta Cana via Calgary

Occidental Grand Punta Cana • 4 ★
All-Inclusive • Junior suite
Jan. 4 - 25 • 1 wk.
$949
+Taxes & other fees: $179

Gran Bahia Principe Punta Cana • 4 1/2 ★
All-Inclusive • Junior suite
Jan. 4 - 25 • 1 wk.
$1679
+Taxes & other fees: $179

JAMAICA

Gran Bahia Principe Jamaica • 4 1/2 ★
All-Inclusive
Junior suite
Jan. 7, 14 & 21 • 1 wk.
PRIVILEGES
$1499
+Taxes & other fees: $92

MEXICO

Los Cabos

Hola Grand Faro Los Cabos Luxury • 4 ★
All-Inclusive
Deluxe partial oceanview rm.
Jan. 23 • 1 wk.
$949
+Taxes & other fees: $225

Puerto Vallarta/Riviera Nayarit

Crown Paradise Puerto Vallarta • 4 ★
All-Inclusive • Standard rm.
Jan. 8 - 22 • 1 wk.
$999
+Taxes & other fees: $119

Ixtapa/Zihuatanejo

Krystal Ixtapa • 4 ★
All-Inclusive • Deluxe rm.
Jan. 29 • 1 wk.
$999
+Taxes & other fees: $249

USA

Las Vegas

Rio All Suite Hotel & Casino • 4 ★
Deluxe suite - promo savings
Jan. 24 & 25 • 3 nts.
$289
+Taxes & other fees: $105

Honolulu

Miramar at Waikiki • 3 1/2 ★
Malama rate - superior rm.
Jan. 28 • 1 wk.
$799
+Taxes & other fees: $110

CRUISE

Celebrity Cruises[1]

Celebrity Summit℠
Southern Caribbean cruise
Flight to San Juan via Toronto
Interior stateroom, cat. 11
Mar. 26 • 1 wk.
$1199
+Taxes & other fees: $146

REAL RESORTS

MEXICO

Cancun/Riviera Maya

Gran Caribe Real Resort & Spa • 4 1/2 ★
All-Inclusive • Junior suite
Jan. 8 • 1 wk.
PRIVILEGES
$1249
+Taxes & other fees: $240

The ROYAL Playa del Carmen • 5 ★
All-Inclusive
Royal junior suite ocean view
Jan. 8 • 1 wk.
Adults only (16+)
PRIVILEGES
$2119
+Taxes & other fees: $240

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